

Deep Breathing FOR Health and Beauty

BY PAULINE FURLONG

Another "Spine Test"

ANOTHER test for your spine is given today. It is one outlined by Dr. W. R. C. Latson, distinguished writer on physical culture. Readers should try this one as it is here outlined, because without correct carriage health and beauty cannot be attained.

Stand in your usual position with a weight of from twenty to forty pounds on your head for at least five minutes. If at the end of that time there is no pain or discomfort noticeable you may rest assured that the spine is straight, because if it is curved you cannot stand the weight and strain for more than two minutes without pain in the neck, shoulders or small of the back.

Many slender women write and ask me about certain flesh foods and so-called tissue builders, and I want to answer them today by stating emphatically that nothing but pure, rich blood will bring about any improvement in the complexion or figure, because pure blood filled with oxygen, through deep breathing, is the only real cosmetic and beautifier.

The development of the chest and straightening and strengthening of the spine are the first essentials to a beautiful figure, and these must be attained through patience and perseverance with physical exercise and deep breathing practice. It costs nothing to try it, and the results are so sure and so lasting that I am in

Answers to Health and Beauty Questions

SOFT CORNS—MRS. R. H.: Improper drying of the feet and perspiration cause them. Bathe the feet in warm water and then pare the corn with a sharp, sterilized knife, quite close. Then apply turpentine on a puff of cotton. Put this on fresh each night, and after the corn has disappeared wear a dry piece of cotton between the toes to prevent the reappearance.

FAINTNESS—MRS. DAVID A.: Weakness and lowered vitality must make you feel weak after you stand a short while.

NEURALGIC HEADACHES—MRS. J. H.: These are the result of impure blood and impure blood, like many other pains and aches. Internal treatment is necessary and the blood must be purified and enriched before relief can be had.

ABOUT FRUITS—MRS. FRANK C.: Fruits are not fattening, except bananas, grapes and olives.

BEST MEAT TO EAT—MRS. DANIEL G.: Beef is the most beneficial meat to eat. It is nutritious and does not tax the digestive organs. Lamb is also nourishing. Neither is especially fattening.

RED NOSE—WALTER D.: Red nose results from many different conditions—indigestion, constipation, poor circulation, tight clothing and alcoholism. A few weeks' treatment for any of these conditions will show marked improvement.

OLIVE OIL FOR CONSTIPATION—MRS. G. D. S.: Yes, this will relieve constipation in most cases. It is fattening, being 100 per cent. fat. Mineral oils are just as effective and not fattening, as they are not assimilated by the system.

EXERCISES FOR HEALTH—MARK N.: All exercises are a valuable aid in keeping the body in shape, but condition and each person should select those which he thinks best suited to his individual needs. Five minutes at each practice several times each day will be sufficient to stimulate the blood, which is the object of physical culture exercises.

CATARH—ALFRED G.: No cure could not possibly be caused by

even in drinking water, is a small piece of waxed paper, or a small circular celluloid strip, which folds over the rim of the glass and prevents the lips from touching the surface of the tumbler while drinking, says Popular Science Monthly.

It will fit over any glass or cup, and will make it possible for you to enjoy an ice cream soda or a drink of water anywhere. The part of the paper which is held inside the glass will prevent any sediment, which may be in the bottom of the glass, from reaching your lips. This little invention is the idea of a woman.

standing near open windows. Closed ones are more likely to cause it. Retained waste matter in the system is also another cause of catarrh.

WINDBURN—MRS. LOTTIE R.: Use equal parts lime water and linseed oil on the burned surface. Remember that prevention is better than cure.

PAIN AT BASE OF SPINE—G. N.: This may be caused by a wrench, strain or of a neuritic nature. See a physician.

EASILY TIRED—MRS. WALTER F.: This is due to lack of nervous vitality. Breathe deeply and drink at least three quarts of water a day.

rich—do you go to have that beauty down in front?"

Nedda drew her breath sharply. Twinkling up at her from his bed of purple velvet lay a brooch of diamonds—Levenstein's notice de rendez-vous—a rare piece for so garish a window, but one which Levenstein knew would draw the crowd. It was his bait.

"Oh, not that!" gasped Nedda, as though she feared Bill, in his new madcap, would charge the store and purchase it then and there. "Not that!"

"Sure!" he cried, delighted. "Just the thing!"

In an instant he was tired of this game and ready for something new. He turned away. "Look over there at the Bee Hive—they're lighting up. Dresses—let's see what kind you want."

Nedda followed him, tolerant of his bubbling enthusiasm—humoring him tenderly.

"See the red one?" he cried. "You'd look great in that!"

She shook her head. "Not much, I wouldn't."

But he nodded. "I'd like to see you in it. It's just the color of the steel at the big heat—red as blazes—red color, that!"

But the mood passed and he caught her arm.

"Come on, let's hurry home and tell Tony—he ain't heard it yet—nor Miss McKelaine. Nedda, you think I'm crazy, but just you wait!"

After a while Nedda slipped back to the Bee Hive, where she bought the red cloth that had delighted Bill's eyes. And all of that night she sat sewing upon it. It must be ready by morning—Sunday morning—for Bill had announced that he was going to pick out the place for the house he meant to build.

Bill called for them early.

"Are you ready?" he shouted.

Tony swung the door open. "Sure," he nodded. "Come on in."

But Bill shook his head. "Ain't got time. We've got a long tramp ahead of us."

"Hear that, Nedda?" called Tony over his shoulder. Then he whispered to Bill: "Wait until you see her dress. It's a new one. She sat up all night making it."

"She'll need it to-day."

At that moment Nedda appeared. She stood framed in the doorway, her cheeks flushed, her eyes shy with a warm, deep gladness.

"Oh, Bill!" she cried; "ain't it too early to start?"

He turned and stared at her—at the dress flaunting its daring poppy color—at the soft coil of her hair—black as night against the smooth whiteness of her throat. She had tucked a flower at her breast. Its petals trembled as her bosom rose and fell with quick breaths.

"You can have it all," he said. Nedda smiled, her cheeks flushed. "Come on," urged Bill eagerly; "let's look 'em over. Nedda, what'll it be?"

She stared down at the dazzling display, but did not reply.

"Come on," he urged, "quick!"

She straightened up.

"All right, then, Bill; would that bracelet there be too much?"

He nodded at her.

"Too much! Ain't I told you I'm

New York Subway

By Maurice Ketten

HUMAN TANK TO BREAK THROUGH THE CROWD. WHY NOT?

WHY NOT A PULLEY SYSTEM TO GET OUT?

WHY NOT CARRY A STEP LADDER. ONE CAN SIT TWO CAN LEAN?

WHY NOT USE STILTS AND ESCAPE THE COUGHING, SNEEZING AND BREATHING IN YOUR FACE?

SNAPSHOT OF A LUCKY MAN WHO GOT A SEAT IN THE SUBWAY

EXCUSE ME, THERE IS NO ROOM FOR ME TO STAND

SMALL MEN ARE USEFUL IN THE SUBWAY

AN ARGUMENT IN THE SUBWAY

A SUDDEN STOP

LOOK OUT FOR NEEDLES!

PUSHED OUT BEFORE HIS STATION

SUBWAY EMBRACES OF PERFECT STRANGERS

I WANT A PEACE THAT WILL MAKE THE SUBWAY A BETTER PLACE IN WHICH TO LIVE

OUCH!

I'LL STAY HERE NEAR THE DOOR I GET OUT NEXT STATION

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